#DEFYHATENOW

Safe Sisters Online
SAFE SISTERS ONLINE

Options to increase security on social media:
• Untag yourself from embarrassing posts or photos.
• Leave groups, limit access to only your friends.

How are women & girls portrayed online?
• Think before you post and share statements, comments, or jokes.
• Consider the impact your words might have and if it’s offensive.
• Ask: “How would I feel if I was one of the group being insulted?”

Make better passwords
• Make it fun! Creating a strong passphrase from favorite song lyrics.
• Use special characters, numbers and capital letters.
• Don’t use the same password for multiple accounts.

Think before you click:
• Don’t click on suspicious looking links and attachments.
• Be skeptical of strange emails from people you don’t know.
• Pay attention to the sender’s info and the contents of the email.

Always log off
• Review security settings on your phone and computer.
• Add a password to get into your devices.
• Always sign out when you leave a shared computer or phone.

Be careful with what you post online
• It’s almost impossible to remove an image or text after you post it online! Think about what you share before you post online.
• Review your privacy settings on the social media apps and sites. Limit permissions (location, microphone, contacts) and who sees your stuff.

Be your sisters’ keeper
• Photos leaked online bring suffering to a lot of women. Look out for sisters! Don’t forward inappropriate content on the internet.
• Delete and report people who use their accounts as a platform for online bullying and violence against women.

SAFE SISTERS [https://safesisters.net/](https://safesisters.net/)

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